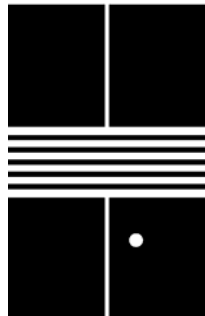


**INDIANAPOLIS**



**TENNIS CENTER**

The Cleveland Clinic, the #1 heart clinic in the nation says....."Tennis is the ideal sport for a healthy heart." "Playing tennis on a regular basis reduces the risk of a heart attack or stroke."

Consumer Reports (January 2005) ranks tennis among the top five activities for the most calories burned per workout. More than 450 calories are burned in 1 hours of singles tennis.

### **OUR OFFER TO INSHAPE PARTICIPANTS:**

- \$25 discount of ITC membership. Offer expires March 31, 2006. Offer available to active INShape Indiana participants, only.
- April & May USA 1-2-3 beginner adult evening classes for 5 weeks. Outdoors, so weather permitting. 50% discount for active INShape Indiana participants. Times: TBD
- Free: the 1<sup>st</sup> two classes of CARDIO TENNIS, the new USTA program highly publicized across the nation as a way to combine tennis with a more active cardio workout. Cardio Tennis will be to tennis what spinning has meant to riding a bike!

Call ITC for more information at (317) 278-2100. Offer available to active INShape Indiana participants, only. Classes usually run 10 sessions. Starting 2<sup>nd</sup> week of January on Friday evenings from 5:30 p.m. to 6:30 p.m., Monday & Wednesday mornings from 6:30 a.m. to 7:30 a.m., or Tuesday & Thursday mornings from 6:30 a.m. to 7:30 a.m.

**PARTICIPANT MUST PRESENT AN EMAIL MESSAGE FROM INSHAPE.  
CALL FOR MORE INFORMATION OR TO REGISTER (317) 278-2100.**

**HAVE A HIT DOWNTOWN!**